



presented by:  
**Rich Farmer**



# Saturday, October 4th, 2008

**START TIME:** 5K - 7:30 AM • Kids' Dash 8:30 AM

**FEATURES:**

- Awards for 1st, 2nd, and 3rd place finishers in each age group for men and women (up to 39, 40+)
- 50 yard Kids' Dash (0-2, 3-5, 6-9, 10+)
- T-Shirt and refreshments for race participants
- Race participants receive one free ticket for post race raffle
- Local merchant booths and entertainment at finish

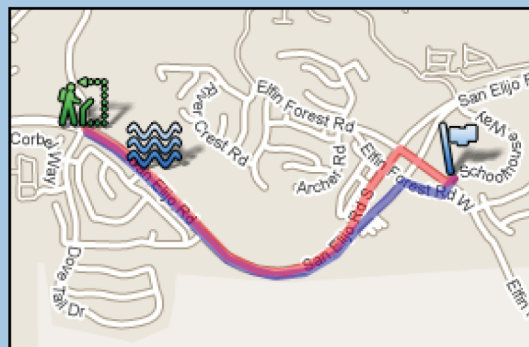
**FEE:** 5K: \$26 thru 10/1 • \$30 after 10/1  
Kids' Dash: \$15 thru 10/1 • \$20 after 10/1

**REGISTRATION:** Pre-registration: [www.active.com](http://www.active.com) search term: SEH 5K  
Mail to: Independent Realty Group / 5K  
7420 Clairemont Mesa Blvd #108  
San Diego, CA 92111

**RACE DAY**

**REGISTRATION:** OPENS AT 7:00 AM in SEH Middle School parking lot

**CONTACT:** Rich - (858) 243-3545 or Maggi - (858) 300-1780



MAP OF COURSE FROM START TO FINISH  
(SUBJECT TO CHANGE)

**Sponsors:**



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Make checks payable to: IRG • Mail to: 7420 Clairemont Mesa Blvd #108, San Diego, CA 92111

LAST NAME	FIRST NAME	GENDER (CIRCLE ONE) MALE      FEMALE	AGE	T-SHIRT SIZE (CIRCLE ONE) S   M   L   XL
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ADDRESS	CITY	STATE	ZIP	PHONE
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SIGNATURE (Parent or Guardian signature, if under 18)	DATE	EMAIL ADDRESS
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DISCLAIMER: In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any rights and all claims for damages which I may have against Independent Realty Group, Rich Farmer, San Elijo Hills, and all persons, organizations and legal entities affiliated with this athletic event for any and all injuries suffered by traveling to and from and while participating in the "SEH 5K". I attest and verify that I am physically fit and sufficiently trained for this event. I further grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.